

Mental Health & AODA Resource Guide

Washington & Ozaukee Counties



Table of Contents

Washington County

Washington County Mental Health Crisis Services3

Washington County Mental Health Counseling Services.....4-5

Washington County Mental Health Community Services.....6-7

Washington County Substance Abuse Counseling Services.....8-9

Washington County Substance Abuse Community Services.....10

Washington County Mental Health & Substance Abuse Support Groups.....11-12

Ozaukee County

Ozaukee County Mental Health Crisis Services.....13

Ozaukee County Mental Health Counseling Services.....14-17

Ozaukee County Mental Health Community Services.....18

Ozaukee County Substance Abuse Counseling Services.....20-22

Ozaukee County Substance Abuse Community Services.....23

Ozaukee county Mental Health & Substance Abuse Support Groups.....24-26

Wisconsin

Wisconsin Sober Living Homes.....27

Washington County Mental Health Crisis Services

Agency	Description	Website
COPE Hotline 262-377-2673	The COPE Hotline is answered by trained listeners. They provide supportive listening to callers, crisis intervention and suicide prevention. The Hotline is available 24/7 and all calls to COPE are anonymous and confidential.	www.copeservices.org
Impact 2-1-1 211	IMPACT 2-1-1 is a central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance about drug and alcohol use.	www.impactinc.org
Suicide Hotline 1-800-273-TALK (8255)	The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.	https://suicidepreventionlifeline.org/
Washington County Mobile Crisis Crisis Line: 262-365-6565 Toll Free: 1-866-906-6565	Acute Care Services is a State-certified 24/7/365 emergency Mental Health Services Program. Through our three divisions of Behavioral Health, Children and Families and Economic Support, the dedicated staff strives to support individuals and families as they achieve self-sufficiency and social wellbeing. Services provided without regard for ability to pay.	http://www.co.washington.wi.us/index.iml http://www.co.washington.wi.us/default.iml?mdl=print_detail.mdl&DetailID=452
Washington County Housing Hotline 262-334-4912	24 hours a day, 7 days a week. Locate county resources related to emergency housing, transitional shelter, rent and utility assistance, legal assistance including during threat of eviction.	http://www.co.washington.wi.us/index.iml http://www.co.washington.wi.us/default.iml?mdl=print_detail.mdl&DetailID=452
NAMI Warmline 262-339-1235	National Alliance on Mental Illness works to raise awareness and provide education, advocacy and support programs for people living with a mental illness, their families, friends and the community. This is a volunteer organization offering peer-to-peer counseling, other supports, and recovery activities.	http://www.nami-positiveimage.org/contact-us

Washington County Mental Health Counseling Services

Agency	Description	Website
Affiliated Clinical Services 111 East Washington St. West Bend 262-338-2717 38 Sell Dr. Hartford 262-673-0301	Affiliated Clinical Services offers youth and adult addiction counseling and mental health counseling. They do not accept medical assistance, Medicaid, Badger Care, T-19, State insurance, or any HMO's associated with those plans.	http://affiliatedclinical.com/
Alarus Healthcare <i>West Bend: 262-306-9800</i> <i>Beaver Dam: 920-219-4440</i> <i>Grafton: 262-377-6276</i>	Alarus Healthcare provides caring, discreet, and confidential services to people dealing with mental health issues, addictions, and for people looking to simply live better.	http://alarushealthcare.com/
Aurora Behavioral Health Center 205 Valley Ave., West Bend 877-666-7223 1640 E. Sumner St. Hartford 414-773-4312	The clinics offer outpatient services at 48 locations, conveniently located through eastern Wisconsin. The professional staff includes psychiatrists, psychologists, and psychotherapists who have experience in working with children, adolescents, adults, older adults, couples, and families. Outpatient (by appointment only) offers care for most Behavioral Health problems including depression, anxiety and stress, eating disorders, grief and loss, substance abuse, family issues, attention deficit hyperactivity disorder, and chronic mental health issues. Most insurances accepted.	https://www.aurorahealthcare.org/
Aurora Behavioral Health Center- North Shore 6980 N. Port Washington Rd. Ste 202 Milwaukee 414-773-4312	The clinics offer outpatient services at 48 locations, conveniently located through eastern Wisconsin. The professional staff includes psychiatrists, psychologists, and psychotherapists who have experience in working with children, adolescents, adults, older adults, couples, and families. Outpatient (by appointment only) offers care for most Behavioral Health problems including depression, anxiety and stress, eating disorders, grief and loss, substance abuse, family issues, attention deficit hyperactivity disorder, and chronic mental health issues. Most insurances accepted.	https://www.aurorahealthcare.org/locations/clinic/aurora-psychiatric-hospital-northshore-programs
Christian Family Counseling W175 N11120 Stonewood Drive Germantown 800-438-1772	Christian Counseling uses God's Word as a foundation for addressing mental health issues through clinically sound and evidence-based solutions and goals. Licensed Christian counselors assist children, adolescents, adults, couples, and families in a supportive, Christ-centered atmosphere. Provides counseling on many topics through outpatient services, intensive outpatient programs, day treatment programs, and telehealth.	http://christianfamilysolutions.org/counseling

Community Memorial Hospital W180 N8085 Town Hall Road Menomonee Falls 262-251-1000	The Community Recovery Center treatment program begins with an individual assessment with a licensed substance abuse professional, followed by an intensive four-week program consisting of outpatient group therapy and educational sessions. The treatment program is followed by an eight week After-Care Program. <i>Other locations: Germantown & Hartford Health Centers: 262-502-3300</i>	http://www.froedtert.com/community-memorial/
Exodus House 1421 Fond du Lac Avenue, Kewaskum 262-626-4166	Exodus House is a 20 bed, state licensed and state certified Transitional Living Facility in Kewaskum, WI, helping adult males recovering from alcohol and drug dependency.	www.exodus-house.com
Froedtert Behavioral Health W168N11237 Western Avenue Germantown 262-253-5060	Offers treatment for acute symptoms associated with problems such as severe stress, depression, anxiety and thought disorders. <i>Other Locations: 110 Lone Oak Lane Hartford and W180N8085 Town Hall Rd., Menomonee Falls</i>	http://www.froedtert.com/behavioral-health/inpatient
Integrated Life Counseling Center, LLC 215 Main St, Suite 205, West Bend 262-416-2922	Offering treatment for children (8+), adolescents, families and adults across a range of issues including depression, anxiety, ADHD, parenting support, substance abuse, trauma, and adjustment concerns.	www.integratedlifecounselingcenter.com
Kettle Moraine Counseling 400 W River Dr., West Bend 262-334-4340	Provides high quality addiction therapy for children, teens, adults and families.	http://www.kettlemorainecounseling.com/
Professional Services Group (PSG) 724 Elm St, West Bend 262-353-9701	Professional Services Group offers mental health, youth addiction, and adult addiction counseling. Provides an array of services in outpatient clinics, including individual and group psychotherapy, AODA treatment, consultation, and psychological and neuropsychological evaluations.	http://www.psgcip.com/
Rogers Memorial Hospital 4555 W Schroeder Dr, Brown Deer <i>Inpatient: 414-865-2500</i> <i>Outpatient: 414-355-9000</i>	Offers a variety of mental health and addiction services for adults, adolescents and children. Provides inpatient withdrawal management, partial hospital and intensive outpatient services for heroin, alcohol and other drug addition, as well as dual diagnosis. Residential treatment is also available at Herrington Recovery Center in Oconomowoc.	https://rogersbh.org
Washington County Human Services 333 E. Washington St. Suite 2100 & 3100, West Bend 262-335-4600	Washington County Human Services offers youth and family counseling services.	www.co.washington.wi.us http://www.co.washington.wi.us/departments.iml?mdl=departments.mdl&ID=DSS

Washington County Mental Health Community Services

Agency	Description	Website
Albrecht Free Clinic 908 W Washington St, West Bend 262-334-8339	The Albrecht Free Clinic provides free medical and dental care to uninsured and under-insured residents of Washington County, Wisconsin.	http://www.albrechtfreeclinic.org/
Casa Guadalupe Education Center 479 N. Main St, West Bend 262-306-2900	Casa works to empower low-income, native-born and Spanish-speaking Latino families to live independent, successful lives, to build strong families and establish meaningful connections within their community.	http://www.casaguadalupeonline.org/
Elevate Inc. N169 W21005 Meadow Ln, Jackson 262-677-2216	Elevate is a community resource center focused on prevention, intervention, and support for drug and alcohol issues, mental health and delinquency.	http://elevateyou.org/
Family Promise of Washington County 724 Elm Street, Unit 102, West Bend 262-353-9304	Family Promise provides food, shelter, and support services for homeless families in Washington County. Family Promise also provides advice and advocacy for at-risk families to prevent them from becoming homeless.	www.familypromisewc.org
FRIENDS, INC PO Box 117, West Bend 24 Hour Crisis Line: 262-334-7298 Hartford Crisis Line: 262-673-7298 Germantown Crisis Line: 262-255-9488	Services provided to those affected by domestic and sexual violence at no charge.	https://www.domesticshelters.org/help/wi/west-bend/53095/friends-inc
LiFE OF HOPE 139 N. Main St. Ste 104, West Bend 262-429-1556	LiFE of HOPE provides resources and programs about suicide risk factors, ideation, intervention, and peer support groups. Our team is comprised of compassionate individuals who have shared similar LiFE-Experiences to your own.	http://lifeofhopeproject.org/
NAMI (National Alliance on Mental Health) 279 S. 17th Ave., Ste 7, West Bend 262-339-1235	NAMI-Washington County's focus is to raise awareness in the community about mental illness, provide education, advocacy, and support for individuals and families affected by mental illness. NAMI provides weekly support groups for teens, young adults, and other adults with mental illness as well as support groups for families of individuals with mental illness. Multi-session education courses are offered several times a year for individuals with mental illness and for families dealing with both children and adults with mental health conditions. NAMI provides community education via speakers and special educational events. A drop-in/recovery center at 2030 Stonebridge Road is open to all adults with mental illness. All programs are free of charge.	https://www.namiwashingtonwi.org/

<p>Cultivate Movement 333 E Washington Street Ste 1100 West Bend 262-335-4462</p>	<p>The Cultivate Movement aspires to promote mental health and to eliminate the stigma surrounding mental illness. We foster kindness and empathy, generate support, and build resilience. Inspiring hope and offering help provides the foundation to strengthen the community's awareness, resources, and access to community support for mental wellness.</p>	<p>http://cultivate.washozwi.gov/</p>
<p>Washington County Aging and Disability Resource Center (ADRC) 333 E. Washington St, room 1000 West Bend 262-335-4497</p>	<p>A place where information, assistance, and access to services and community resources is in one central place for seniors and adults with physical and developmental disabilities. Adults with mental health and/or substance abuse issues can be connected to assistance through other resources.</p>	<p>http://www.co.washington.wi.us/departments.html?mdl=departments.mdl&ID=AGE</p>

Washington County Substance Abuse Counseling Services

Agency	Description	Website
Area Suboxone Providers 111 East Washington Street West Bend 262-338-2717 1990 Wisconsin Ave., Grafton 262-377-2900 19265 W Capitol Dr Ste L04 Brookfield 262-202-8312	Dr. Kumar / Affiliated Clinical (no Title 19) Dr. Julie Chicks / Ascension (takes Title 19) Dr. Joseph Locke / Spectrum Health Medical Clinic (takes Title 19)	http://affiliatedclinical.com/2016/07/28/raiesh-kumar-md/ https://healthcare.ascension.org/doctors/1265482830/julie-ann-chicks-grafton-wi? https://spectrumhealthmedical.com/
COPE Hotline 262-377-2673	The COPE Hotline is answered by trained listeners. They provide supportive listening to callers, crisis intervention and suicide prevention. The Hotline is available 24/7 and all calls to COPE are anonymous and confidential.	http://www.copeservices.org/
Elevate N169 W21005 Meadow Ln, Jackson 262-677-2216	Elevate is a community resource center that strives to address the root causes of high-risk behaviors through prevention, intervention and residential programs that focus on drug and alcohol issues, mental health and delinquency.	http://elevateyou.org/
Impact 2-1-1 211	IMPACT 2-1-1 is a central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance about drug and alcohol use.	www.impactinc.org
Affiliated Clinical Services 111 East Washington St., West Bend 262-338-2717 38 Sell Dr., Hartford 262-673-0301	Affiliated Clinical Services offers youth and adult addiction counseling and mental health counseling. They do not accept medical assistance, Medicaid, Badger Care, T-19, State insurance, or any HMO's associated with those plans.	http://affiliatedclinical.com/
Alarus Healthcare 1622 Chestnut Street, West Bend 262-306-9800 111 Warren St. Suite 2, Beaver Dam 920-219-4440 1971 Washington St, Ste.200, Grafton 262-377-6276	Alarus Healthcare provides caring, discreet, and confidential services to people dealing with mental health issues, addictions, and for people looking to simply live better.	http://alarushealthcare.com/

Genesis Behavioral Services 1626 Clarence Court, West Bend 262-338-8611	At Genesis Behavioral Services, dual diagnosis addiction treatment and substance abuse treatment services are provided.	https://citehealth.com/rehab-centers/wisconsin/cities/west-bend-city-in-washington-county/genesis-behavioral-services-inc
Kettle Moraine Counseling 400 W River Dr., West Bend 262-334-4340	Provides high quality addiction therapy for children, teens, adults and families.	http://www.kettlemorainecounseling.com/
Froedtert Behavioral Health W168N11237 Western Avenue Germantown 262-253-5060	Offers treatment for addiction to drugs or alcohol.	http://www.froedtert.com/behavioral-health/alcohol-drug-treatment
Christian Family Counseling W175 N11120 Stonewood Dr. Germantown 800-438-1772	Christian Counseling uses God's Word as a foundation for addressing mental health issues through clinically sound and evidences-based solutions and goals. Licensed Christian counselors assist children, adolescents, adults, couples, and families in a supportive, Christ-centered atmosphere. Provides counseling on many topics through outpatient services, intensive outpatient programs, day treatment programs, and telehealth.	http://christianfamilysolutions.org/counseling

Washington County Substance Abuse Community Services

Agency	Description	Website
Opiate & Heroin Awareness Toolkit	The Heroin Toolkit offers a wealth of information, including local stories of addiction and recovery, warning signs, and legal consequences. It also provides tips on safe disposal of prescription medications and what you can do if you know or suspect someone is using drugs.	http://www.unitedwayofwashingtoncounty.org/opiate-heroin-awareness-toolkit
Elevate Inc. N169 W21005 Meadow Ln, Jackson 262-677-2216	Elevate is a community resource center focused on prevention, intervention, and support for drug and alcohol issues, mental health and delinquency.	http://elevateyou.org/

Washington County Mental Health & Substance Abuse Support Groups

Agency	Description	Website
AA-Alcoholics Anonymous	Visit the website for a list of meeting locations around Wisconsin. There are none located in Washington or Ozaukee Counties.	www.aa.org
NA-Narcotics/Heroin Anonymous 888-611-1813	Visit the Kettle Moraine area NA website for a list of meetings in the local area.	www.na.org http://www.kmana.org/
Al-Anon/Al-Ateen	Visit the website for a list of meetings in the local area.	www.al-anon.alateen.org
In the Rooms Online Recovery Network 855-399-0014	World's Largest, Online Social Network for the Global Recovery Community. For people already in Recovery, Seeking Immediate Help from any Addiction, and their Family, Friends and Allies. You will have unlimited access to over 117 live online Recovery meetings weekly. ITR offers AA, NA, and other 12 Step and non 12 Step Support Groups, Geo Locatable Global Meeting Finder, Daily E Meditations, Afternoon Affirmations, Free iPhone and Android Apps, Speaker Tape Library and much more.	www.intherooms.com
SMART Recovery Tel: 440-951-5357 Toll free: 866-951-5357	Helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities. Visit website for locations of in person meetings, and for information about online meetings.	www.smartrecovery.org
Unity Club 1715 Creek Drive, West Bend 262-338-3500	The Unity Club is a non-profit organization that provides a meeting place for recovering alcoholics, addicts and their families.	http://www.unityofwb.com/
Elevate Community Resource Center N169 W21005 Meadow Ln, Jackson 262-677-2216	At Elevate we create programs and provide services to help young people succeed and to support and empower individuals and families experiencing challenges. From education to prevention and intervention, as well as support, Elevate is a resource in the areas of substance abuse and mental health.	http://elevateyou.org/
LIFE OF HOPE 139 N. Main St. Ste 104, West Bend 262-429-1556	LIFE of HOPE provides resources and programs about suicide risk factors, ideation, intervention, and peer support groups. Our team is comprised of compassionate individuals who have shared similar LIFE-Experiences to your own.	http://lifeofhopeproject.org/
NAMI: Family Support Group 262-339-1235	NAMI Washington County's Family Support group is for family members, partners and friends of individuals living with a mental illness. It is not intended for the individual with mental illness. There are two meeting times each month: 1) at the NAMI Welcome Center in West Bend on the third Monday each month and 2) at Northbrook Church in Richfield on the first Monday each month. New people are always welcome.	https://www.namiwashingtonwi.org/programs

NAMI: Teen Connections 262-339-1235	Teen Connections is a support group for teens, ages 13-18 (must still be in high school), who have a mental health concern or illness and are looking for a supportive environment to learn about symptoms, treatment and resources, as well as spend time socializing with peers. Two mental health/education professionals facilitate each group.	https://www.namiwashingtonwi.org/programs
NAMI: Arts & Crafts Group 262-339-1235	Arts and crafts is a group that meets on the 2 nd and 4 th Tuesday of each month and works on small projects that can be completed in one day and taken home. It's for anyone who would like to escape into a world of creativity.	https://www.namiwashingtonwi.org/programs
RISE (Recovery Inspired by Shared Experiences) 262-339-1235	The RISE Peer Support Group is for anyone diagnosed with a mental illness. It provides a safe place to share your experiences, receive support from others, and learn more about living with these illnesses. It's a small comfortable group that allows time for everyone to share how they have been doing during the last week. Confidentiality is maintained at all times.	https://www.namiwashingtonwi.org/programs

Ozaukee County Mental Health Crisis Services

Agency	Description	Website
Ozaukee County Crisis Intervention <i>Monday- Friday: 8:30am – 5:00pm</i> <i>262-284-8200</i> <i>Afterhours:</i> <i>262-284-7172</i>	State certified Emergency Mental Health Services program that provides immediate evaluation and mental health care to persons experiencing a mental health crisis, including 24/7 telephone services, mobile response, walk-in services, access to hospital care, and linkage/coordination services.	https://www.co.ozaukee.wi.us/265/Crisis-Management-Services
COPE Hotline <i>262-377-2673</i>	The COPE Hotline is answered by trained listeners. They provide supportive listening to callers, crisis intervention and suicide prevention. The Hotline is available 24/7 and all calls to COPE are anonymous and confidential!	www.copeservices.org
Impact 2-1-1 <i>414-256-4808</i>	IMPACT 2-1-1 is a central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance about drug and alcohol use.	www.impactinc.org
Suicide Hotline <i>1-800-273-TALK (8255)</i>	The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.	www.suicidepreventionhotline.org
Advocates Crisis Line <i>262-284-6902 or 877-375-4034</i> <i>Texting Hotline:262-891-7262</i>	24 Hour Crisis lines and 24 Hour Texting Hotline	https://www.advocatesofozaukee.com/
Alzheimer's Association Hotline <i>800-272-3900</i>	The Alzheimer's Association is here all day, every day for people facing Alzheimer's disease through our free 24/7 Helpline. Our Helpline provides reliable information and support to all those who need assistance, such as individuals living with memory loss, Alzheimer's or other dementia, caregivers, health care professionals and the public.	https://www.alz.org/help-support/resources/helpline

Ozaukee County Mental Health Counseling Services

Agency	Description	Website
American Behavioral Clinics, S.C. 1240 Ranchito Lane, Mequon 414-877-4570	Our purpose is to inspire hope and happiness for others. We offer hope and happiness from an outpatient program that's innovative and truly unique and provides a renewed sense of belonging, long-lasting results and the opportunity for every client to achieve their best self.	http://americanbehavioralclinics.com/locations/
Aurora Behavioral Health Center 1777 W Grand Ave. Port Washington 262-268-6637	The clinics offer outpatient services at 48 locations, conveniently located through eastern Wisconsin. The professional staff includes psychiatrists, psychologists, and psychotherapists who have experience in working with children, adolescents, adults, older adults, couples, and families. Outpatient (by appointment only) offers care for most Behavioral Health problems including depression, anxiety and stress, eating disorders, grief and loss, substance abuse, family issues, attention deficit hyperactivity disorder, and chronic mental health issues. Most insurances accepted.	https://www.aurorahealthcare.org/locations/behavioral-health-center/aurora-behavioral-health-center-1777-w-grand-ave-port-washington
Becker-Gibeau Psychological Services 14135 N. Cedarburg Rd, Mequon 262-377-2006	This is a group of independently practicing therapists who provide mental health services to Ozaukee, Milwaukee, and Washington Counties.	www.beckergibeau.com
Comprehensive Counseling Services 101 E. Pier St., Ste 2, Port Washington 262-284-5789	Our services are designed to give you and your family hope by empowering you to manage your health and well-being. We appreciate your specific and individual needs. Therefore, our programs provide specialized treatment for multiple issues in an environment of respect, dignity, and compassion. Our experienced and dedicated team of psychiatrists and licensed psychotherapists has experience treating children, adolescents, adults and older adults.	http://www.compounselingservices.com/
Cornerstone Counseling 11649 N. Port Washington Road, Ste 201, Mequon 262-789-1191	Cornerstone provides a wide range of services for adolescents, children, adults, and families. Some areas include chronic health, trauma, anger management, behavior, parenting concerns, and divorce.	http://cornerstonecounseling.com/locations-staff/mequon.htm
Educates, LLC 1317 Towne Square Rd., Mequon 414-687-4856	Behavioral intervention, social skills groups, autism spectrum behavioral challenges, functional interventions.	http://www.educateswi.com/index.html

Eichenhofer Psychological Services 1035 Glen Oaks Lane, Ste 204, Mequon 262-241-1515	We are committed to providing exceptional mental health assessment and care to children, adolescents, and adults in a comfortable, confidential environment. Offering a comprehensive approach is important to us, so we often work collaboratively with schools, physicians, or other community agencies to better assist in meeting your needs or those of your child. We will work with you to create an individual plan that will assist you in addressing your concerns and help you develop the skills you need to address the challenges you are currently facing.	https://eichenhofers.com/
Greensquare Developmental Specialists 1655 W. Mequon Road, Mequon 414-228-4800	Treating children and adolescents with developmental, learning and behavioral issues such as depression, mood and anxiety disorders, ADHD, and eating disorders.	http://www.chw.org/location-directory/locations/greensquare-developmental-specialists-mequon/
Jean M Monty Psychological Services 10144 N Port Washington Rd, Mequon 262-302-4126	Child and adolescent school concerns, anxiety, behavior, and conflict resolution are topics focused on at Jean M Monty Psychological Services.	jeanmmonty.com/home.html
Katz-Gilbertson Psychotherapy Associates 11501 N. Port Washington Road, Suite 218. Mequon 262-240-9620 or 414-306-7029	Child and adolescent anxiety, child and adolescent behavior issues, and family conflict are areas of focus here.	
Kettle Moraine Counseling W62 N281 Washington Ave, Cedarburg 262-334-4340	Provides high quality addiction therapy for children, teens, adults and families.	http://www.kettlemorainecounseling.com/
Navigate Wellness 11512 N. Port Washington Road, Suite 201A, Mequon 262-365-9825	Therapy is offered to adolescents, young adults, individuals, and couples.	www.navigatewhg.com
North Shore Center 10303 N. Port Washington Rd, Suite 203 Mequon 262-241-5955	North Shore Center offers counseling in eating disorders, learning and behavior problems, anxiety, depression, substance abuse, grief, ADHD, and other areas of health.	www.Northshorecenterllc.com

Northshore Clinics and Consultants W62 N248 Washington Ave, Suite 207, Cedarburg 262-375-1116	Northshore Clinic and Consultants is a mental health clinic that specializes in depression, anxiety, marriage and family therapy, AODA, trauma, LGBTQI issues, eating disorders, grief counseling, parenting issues and career/job counseling.	http://northshoreclinics.com/
Ozaukee Community Therapies 1245 Cheyenne Ave. Ste. 200, Grafton 262-233-1818	Individual, family and group counseling services across a wide range of issues including: School issues, ADHD, Autism, PDD-nos, Anxiety, Anger, Attachment, Adoption, Divorce, Parenting, Blended Families, Trauma, Self-Esteem, Depression, Life Transitions. <i>Groups and Workshops Offered.</i>	www.ozaukeecommunitytherapies.com
Ozaukee County Counseling Center 121 W. Main Street Port Washington 262-284-8200	The Counseling Center provides individual and group counseling for mental health and substance use disorders; medication management; Community Support Program (CSP); and Comprehensive Community Services (CCS).	http://www.co.ozaukee.wi.us/261/Mental-Health-Services
Ozaukee Family Services 885 Badger Cir, Grafton 262-376-7774	Ozaukee family services meets the needs of children, families and seniors through dedicated, compassionate and caring staff and volunteers. Serve those in need by offering programs in family education and prevention, as well as counseling and senior services.	http://www.ozaukeefamilyservices.org/
Ascension Columbia St. Mary's Hospital 13111 N. Port Washington Rd. Mequon 262-243-6127	At Ascension Columbia St. Mary's, our Behavioral Medicine Services are designed to help and support you and your family through challenging times and serious conditions. We provide treatment for mental illness and addiction in an environment of respect, dignity and compassion.	https://healthcare.ascension.org/Specialty-Care/Behavioral-Mental-Health
Memory Minders, LCC 1654 Robin Ct., Grafton 262-707-9387	Memory Minders is a group memory enhancement program for adults experiencing early memory loss. This interactive program is designed to maintain memory through education and mental, physical, and creative activities all in a social engaging setting. Memory Minders Wellness Groups typically meet once or twice weekly for 1.5-2 hours in length.	http://www.memoryminders.net
Mequon Clinical Associates 1045 W. Glen Oaks Ln Suite 1, Mequon 262-241-7778	Areas of specialization: Addiction and Recovery, ADHD, Anger Management, Anxiety and Fear, Child and Adolescent Issues, Collaborative Divorce, Conflict Resolution, Couples Counseling, Depression, Divorce and Divorce Recovery, Divorce Mediation, Domestic Abuse, Eating Disorder, and much more.	http://www.mequonclinical.com/map/
Rawhide 5555 N. Port Washington Rd. Ste 207, Glendale 1-877-300-9101	Rawhide offers outpatient counseling for the above concerns plus a variety of teen, family, marriage, and individual issues.	http://www.rawhide.org/who-we-help/counseling-services/
Reach, Inc 4550 W. Bradley Rd., Brown Deer 414-371-1600	There are times when individuals and families may need professional help in coping with recovering from illness, loss or stressful periods. The Clinic's doctors and therapists confront problems with individualized, practical, balanced solutions.	www.reachclinic.org

Rogers Memorial Hospital 4600 W Schroeder Dr, Brown Deer 414-865-2500	Offers a variety of mental health and addiction services for adults, adolescents and children. Provides inpatient withdrawal management, partial hospital and intensive outpatient services for heroin, alcohol and other drug addition, as well as dual diagnosis. Residential treatment is also available at Herrington Recovery Center in Oconomowoc.	http://rogershospital.org
Shorehaven Behavioral Health 3900 W. Brown Deer Suite 200, Brown Deer 414-540-2170	Shorehaven's vision is to be a leading regional recovery center for mental health, substance abuse, co-occurring disorders, child, and couple and family problems.	www.shorehavenbhi.com
Lifepoint Counseling 1000 N Wisconsin St. #9, Port Washington 920-892-7606	Provides services ranging from marriage and family counseling to drug and alcohol counseling.	http://www.lifepointwi.com/
Alarus Healthcare 1971 Washington St. #200, Grafton 262-377-6276	Alarus Healthcare provides caring, discreet, and confidential services to people dealing with mental health issues, addictions, and for people looking to simply live better.	http://alarushealthcare.com/
Cedar Creek Counseling 1009 W Glen Oaks Lane #209, Mequon 262-376-3890	Serving Ozaukee, Milwaukee, Waukesha Counties and the North Shore, they assist clients through personal consulting as well as traditional therapies. Their Addiction Center includes alcohol, cocaine, opioids, marijuana, and relapse prevention.	http://www.cedarcreekcounseling.com/
Lakeshore Wellness and Recovery 11512 N. Port Washington Rd. #201E, Mequon 262-376-9668	Through therapy, individuals receive support from a licensed professional, who helps them work to resolve conflicts within themselves and with others, understand feelings related to their struggles and try out new solutions to old problems.	http://lakeshorewellnessandrecovery.com/

Ozaukee County Mental Health Community Services

Agency	Description	Website
Advocates of Ozaukee P.O. Box 80166 Saukville 262-284-3577	Advocates of Ozaukee is an agency that provides services for those who may be experiencing domestic or sexual violence.	https://www.advocatesofozaukee.com/
Alzheimer's Association 620 76th Street Suite 160 Milwaukee 414-479-8800	Dedicated to assisting individuals with Alzheimer's disease and related dementias, families, caregivers, and professionals. Provides services including: Care Consultation, Educational Opportunities, Information and Referral, Safe Return, and Support Groups.	http://www.alz.org/sewi/
Ascension Columbia St. Mary's Behavioral Health Services 13111 N. Port Washington Rd. Mequon 262-243-6127	Offers treatment for the following disorders: depression, alcohol and drug dependence, anxiety, chronic mental illness, coping with physical illness, emotional and cognitive issues of older adults. Inpatient Hospitalization provides coordinated, short-term, intensive treatment for adults and older adults with acute episodes of mental illness. Partial Hospital and Intensive Outpatient Programs provide structure, time-limited transitional services for adults experiencing difficulty functioning or are struggling with an addiction.	https://healthcare.ascension.org/Specialty-Care/Behavioral-Mental-Health
Family Path Autism Services 1017 W. Glen Oaks Lane, Suite 110, Mequon 608-512-0780	With expertise evaluating toddlers and young children, our licensed clinicians conducts diagnostic evaluations in response to concerns about a child's social engagement, social communication, flexibility and emotional regulation.	familypathautism.com/diagnostic-evaluation.html
Family Promise of Ozaukee County 124 E. Van Buren St. Port Washington 262-268-2723	Family Promise helps homeless and low-income families and single women in Ozaukee County achieve sustainable independence. Our mission is to assist those in need to rebuild their lives with compassion by providing resources and services to empower people that are experiencing homelessness. Also offers resources to those at risk of becoming homeless.	http://www.familypromiseoz.org/
Ozaukee County Aging and Disability Resource Center (ADRC) 121 W. Main St. Port Washington 262-284-8120 or 866-537-4261	Our mission is to provide a one-stop source of information and assistance for older adults, adults with disabilities, their families, friends, and caregivers by advocating for and linking them with resources and services that enable them to live as independently as possible.	http://co.ozaukee.wi.us/244/aging-disability-resource-center-ADRC
Cultivate Movement 121 W Main Street, Suite 246 Port Washington 262-284-8170	The Cultivate Movement aspires to promote mental health and to eliminate the stigma surrounding mental illness. We foster kindness and empathy, generate support, and build resilience. Inspiring hope and offering help provides the foundation to strengthen the community's awareness, resources, and access to community support for mental wellness.	http://cultivate.washozwi.gov/

<p>NAMI Ozaukee National Alliance on Mental Illness Christ Church: 13460 North Port Washington Road, Mequon 262-243-3627</p>	<p>Improving the quality of life for those experiencing a mental illness and to provide support to their loved ones.</p>	<p>www.namiozaukee.org</p>
<p>Harrigan Development Services</p>	<p>Supportive Services programming including mentoring/life skills training, individual support services, employment services, and more.</p>	<p>https://www.harrigandevelopment.com/</p>

Ozaukee County Substance Abuse Counseling Services

Agency	Description	Website
COPE Hotline 262-377-2673	The COPE Hotline is answered by trained listeners. They provide supportive listening to callers, crisis intervention and suicide prevention. The Hotline is available 24/7 and all calls to COPE are anonymous and confidential.	http://www.copeservices.org/
Impact 2-1-1 211	IMPACT 2-1-1 is a central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance about drug and alcohol use.	www.impactinc.org
Suboxone Providers 111 East Washington Street West Bend 262-338-2717 1990 Wisconsin Avenue Grafton 262-377-2900 13111 N Port Washington Rd. Mequon 262-243-6127 830 East Green Bay Road; Suite 100 Saukville 262-284-7117 1971 Washington Street, Suite 200 Grafton 262-377-6276	Dr. Kumar / Affiliated Clinical (no Title 19) Dr. Julie Chicks / Ascension (takes Title 19) Ascension Opioid Dependency Treatment Program Dr. Raymond Bauer (no Title 19) Dr. David Karwacki (takes Title 19)	http://affiliatedclinical.com/ https://healthcare.ascension.org/doctors/1265482830/julie-ann-chicks-grafton-wi? https://healthcare.ascension.org/Specialty-Care/Behavioral-Mental-Health/NE-Wisconsin-Opioid-Dependency-Care https://www.actonaddiction.org/facility/25617-dr-raymond-bauer-do https://www.actonaddiction.org/facility/25622-dr-david-h-karwacki-do
Huiras Family Ozaukee Community Free Clinic 13111 N. Port Washington Rd. Mequon 262-243-6127	Located at Ascension Columbia St. Mary's Ozaukee, the Huiras Center provides: individual assessments, intensive outpatient therapy groups (9 hours a week), aftercare groups (2 hours once a week). Intensive outpatient groups are customized for individuals and families. Services include medication assisted treatment.	https://healthcare.ascension.org/Locations/Wisconsin/WIMIL/Mequon-Ascension-Wisconsin-Huiras-Center

Rogers Memorial Hospital 4555 W Schroeder Dr, Brown Deer 800-767-4411	Offers a variety of mental health and addiction services for adults, adolescents and children. Provides inpatient withdrawal management, partial hospital and intensive outpatient services for heroin, alcohol and other drug addition, as well as dual diagnosis. Residential treatment is also available at Herrington Recovery Center in Oconomowoc.	http://rogershospital.org
Comprehensive Counseling Services 101 E Pier St, Ste 2 Port Washington 262-284-5789	Comprehensive counseling services dedicated to serving the outpatient behavioral health needs of individuals and families. The clinic offers board certified adult psychiatrists and a child and adolescent psychiatrist.	http://www.compounselingservices.com/
Ozaukee County Counseling Center 121 W. Main Street Port Washington 262-284-8200	The Counseling Center provides individual and group counseling for mental health and substance use disorders; medication management; Community Support Program (CSP); and Comprehensive Community Services (CCS).	http://www.co.ozaukee.wi.us/261/Mental-Health-Services
Mequon Clinical Associates 1045 W. Glen Oaks Ln Suite 1, Mequon 262-241-7778	Areas of specialization: Addiction and Recovery, ADHD, Anger Management, Anxiety and Fear, Child and Adolescent Issues, Collaborative Divorce, Conflict Resolution, Couples Counseling, Depression, Divorce and Divorce Recovery, Divorce Mediation, Domestic Abuse, Eating Disorder, and much more.	http://www.mequonclinical.com/map/
Northshore Clinic & Consultants W62 N248 Washington Ave. Ste 207 Cedarburg 262-375-1116	We have counselors who specialize in depression, anxiety, marriage and family therapy, AODA, trauma, LGBTQI issues, eating disorders, grief counseling, parenting issues, and career/job counseling.	www.northshoreclinics.com
Lifepoint Counseling 1000 N Wisconsin St. #9, Port Washington 920-892-7606	Provides services ranging from marriage and family counseling to drug and alcohol counseling.	http://www.lifepointwi.com/
Alarus Healthcare 1971 Washington St. #200, Grafton 262-377-6276	Alarus Healthcare provides caring, discreet, and confidential services to people dealing with mental health issues, addictions, and for people looking to simply live better.	http://alarushealthcare.com/
Cedar Creek Counseling 1009 W Glen Oaks Lane #209, Mequon 262-376-3890	Serving Ozaukee, Milwaukee, Waukesha Counties and the North Shore, they assist clients through personal consulting as well as traditional therapies. Their Addiction Center includes alcohol, cocaine, opioids, marijuana, and relapse prevention.	http://www.cedarcreekcounseling.com/
Lakeshore Wellness and Recovery 11512 N. Port Washington Rd. #201E, Mequon 262-376-9668	Through therapy, individuals receive support from a licensed professional, who helps them work to resolve conflicts within themselves and with others, understand feelings related to their struggles and try out new solutions to old problems.	http://lakeshorewellnessandrecovery.com/
American Behavioral Clinics, S.C. 1240 Ranchito Lane, Mequon 414-877-4570	Our purpose is to inspire hope and happiness for others. We offer hope and happiness from an outpatient program that's innovative and truly unique and provides a renewed sense of belonging, long-lasting results and the opportunity for every client to achieve their best self.	http://americanbehavioralclinics.com/locations/

Cornerstone Counseling 11649 N. Port Washington Road, Ste 201, Mequon 262-789-1191	Cornerstone provides a wide range of services for adolescents, children, adults, and families. Some areas include chronic health, trauma, anger management, behavior, parenting concerns, and divorce.	cornerstonecounseling.com/locations-staff/mequon.htm
Kettle Moraine Counseling W62 N281 Washington Ave, Cedarburg 262-334-4340	Provides high quality addiction therapy for children, teens, adults and families.	http://www.kettlemorainecounseling.com/
Navigate Wellness 11512 N. Port Washington Road, Suite 201A, Mequon 262-365-9825	Therapy is offered to adolescents, young adults, individuals, and couples.	www.navigatewhg.com
North Shore Center 10303 N. Port Washington Rd, Suite 203 Mequon 262-241-5955	North Shore Center offers counseling in eating disorders, learning and behavior problems, anxiety, depression, substance abuse, grief, ADHD, and other areas of health.	www.Northshorecenterllc.com
Mequon Clinical Associates 1045 W. Glen Oaks Ln Suite 1, Mequon 262-241-7778	Areas of specialization: Addiction and Recovery, ADHD, Anger Management, Anxiety and Fear, Child and Adolescent Issues, Collaborative Divorce, Conflict Resolution, Couples Counseling, Depression, Divorce and Divorce Recovery, Divorce Mediation, Domestic Abuse, Eating Disorder, and much more.	http://www.mequonclinical.com/map/

Ozaukee County Substance Abuse Community Services

Agency	Description	Website
Opiate & Heroin Awareness Toolkit	The Opiate & Heroin Awareness Toolkit is a valuable resource for those families seeking recovery and support for their loved ones. In addition to discussing prescription drug misuse, the booklet provides very local and appropriate treatment options and services.	https://www.unitedwayno.org/heroin-awareness-toolkit
Starting Point, Inc 11514 N. Port Washington Rd Mequon 262-241-1004	Starting Point builds healthy communities by empowering individuals and families through innovative substance abuse prevention and intervention resources, including school programs, recovery housing and treatment alternatives to the correctional system for alcohol and drug related offenses.	http://startingpointwi.org/

Ozaukee County Mental Health & Substance Abuse Support Groups

Agency	Description	Website
AA-Alcoholics Anonymous	Visit the website for a list of meeting locations around Wisconsin. There are none located in Washington or Ozaukee Counties.	www.aa.org
NA-Narcotics/Heroin Anonymous 888-611-1813	Visit the Kettle Moraine area NA website for a list of meetings in the local area.	www.na.org http://www.kmana.org/
Al-Anon/Al-Ateen	Visit the website for a list of meetings in the local area.	www.al-anon.alateen.org
NAR-Anon	Visit the website for a list of meetings in the area.	www.nar-anon.org
Families Anonymous Crossroads Presbyterian Church 6031 W. Chapel Hill Road, Mequon 262-242-1670 or 414-378-5815	For Families and Friends concerned with the destructive behavior of loved ones due to drugs, alcohol or related behavioral problems. This support group meets weekly on Thursdays, from 7:00 – 8:30 p.m.	http://www.crossroadspres.org/care/families-anonymous/
Alliance Bible Church 13939 N. Cedarburg Road, Mequon 262-375-2400	Alliance Bible Church 12-Step Alcoholics Anonymous and other programs. Email: 12Steps@allianceMequon.org	http://www.myabc.church/
The Bridge Christian Life Church 2909 W. Mequon Rd. Mequon 262-643-4602	Take steps to recovery with Encouraging Bible Teaching Mondays 7:00 PM (Lower Level--Use Administration Entrance) Email: thebridgemen@clcw.com or thebridgeladies@clcw.com	http://www.clcw.com/
Celebrate Recovery Christ Church 13460 N. Port Washington Rd. Mequon 262-243-3093	Celebrate Recovery is a Christ-centered recovery group which uses Eight Principles based on the Beatitudes in the Gospel. This program is modeled after the secular 12-step recovery programs but confirms that Jesus Christ is the Higher Power that is necessary for true healing. This ministry is for those recovering from any hurts, habits or hang-ups. Please join us on Thursday nights for worship, fellowship and sharing. Thursdays 6- 8PM	http://christchurchmequon.org/ministries/celebrate-recovery
Grasp (Grief Recovery After a Substance Passing) 11514 N. Port Washington Rd. Suite 120, Mequon 262-339-9898	Local support group for immediate family members who have lost a loved one to a substance. Meetings on the 3rd Thursday of the month. Must RSVP to attend. Please contact for exact location.	http://grasphelp.org/
It Works If You Work It Aurora Hospital 975 Port Washington Rd., Grafton 262-329-1000	12 Step Meeting for addicts and alcoholics Thursdays 6:30 to 7:30 PM Go through the main entrance and there will be someone to greet you and guide you to the meeting.	https://www.aurorahealthcare.org/

Just Listen 11431 North Port Washington Road Suite 210, Mequon 414-837-8041	Goal Setting Sundays: 1st Sunday of each month, 6pm - 8pm Recovery Support Groups: 1st & 3rd Thursday/month, 11am - 12:30pm & 6:30- 8pm Family n' Friends of Addicts Support Group: 2nd Tuesday/month, 11am - 12:30pm & 6:30-8pm	http://www.just-listen.org/
Wings of Hope-NAMI Christ Alone Lutheran Church 247 South Main Street, Thiensville 262-242-4710	Wings of Hope is a monthly support group that provides comfort for those who have lost a loved one due to suicide. We offer open meetings that include guided discussion in an atmosphere of acceptance. Our meetings are warm and welcoming and offer the sorrowing a special opportunity to express their sorrows and find sympathy and support to face the future. Our meetings are the first Tuesday of each month from 6:30 to 7:45 at Christ Alone Lutheran Church.	www.wingsofhopemequon.org
New Day Club 11936 N. Port Washington Road Mequon 262-241-4673	The New Day club is a meeting and gathering place for all recovering alcoholics and addicts who subscribe to the Principles and Traditions of AA & NA. Our mission is to provide a safe place for Alcoholics and Chemically Dependent people, their families and friends to meet and work on 12-Step recovery.	www.Newdayclub.net
Ozaukee Support Group Call for location. 414-828-3286	A Christian-Based Support Group for ex-prisoners and adult family members of offenders and ex-offenders. This group meets every other Thursday night in Port Washington from 4:30 to 6:00. Please contact Rob Holbrook at 414-828-3286 for meeting dates and location.	http://www.co.ozaukee.wi.us/1885/Local-Support-Groups
Right Step Christian Recovery Program Open Door Church 3420 Hwy LL Port Washington	Recovery for addicts and alcoholics. 1st, 2nd, and 3rd Thursday 7-8:15 p.m.	http://www.co.ozaukee.wi.us/1885/Local-Support-Groups
SAM St. Francis Borgia Catholic Church- North Church 1375 Covered Bridge Road Cedarburg 262-377-1070	The SAM ministry will provide one of the following: Hope and Healing Mass, Adoration Prayer Service, Information Night with a speaker, Prayer Support Group meeting 2nd Thursday of the month 6:30-7:30 p.m.	https://www.saintfrancisborgia.org/parish-activities-and-outreach/substance-addiction-ministry/
SMART Recovery 440-951-5357	Helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities. Visit website for locations of in person meetings, and for information about online meetings.	www.smartrecovery.org
Women for Sobriety Mequon Clinical Associates 1045 W. Glen Oaks Lane, Mequon 262-241-7778	Women for sobriety is an abstinence based self-help program for women facing issues with alcohol or drug addiction. Women for sobriety recognizes each woman's necessity for self-discovery. It offers a variety of recovery tools to guide a woman in developing coping skills which focus on emotional role of spiritual growth, self-esteem, and a healthy lifestyle. WFS promotes abstinence through the "new life" program. Women for Sobriety meets on Thursday evenings from 6:00pm-7:00pm in the Mequon Clinical Conference Area. This group is open to the public.	http://www.mequonclinical.com/group-therapy/

<p>24 hour Foundation Club 153 Green Bay Road, Thiensville 262-242-9999</p>	<p>Narcotics anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. There are no dues or fees. Wednesdays at 6:30pm.</p>	<p>https://mtg.area75.org/meetings.html?dist=24</p>
<p>In the Rooms Online Recovery Network</p>	<p>For people already in Recovery, Seeking Immediate Help from any Addiction, and their Family, Friends and Allies. You will have unlimited access to over 117 live online Recovery meetings weekly.</p>	<p>www.intherooms.com</p>

Wisconsin Sober Living Homes

Agency	Description	Website
Butterfly House 336 N. Washington St., St. Croix Falls, WI 54024 715-417-1216	Provides a safe, sober residence for women in recovery from alcohol or other drug dependency while introducing sober living skills, peer-to-peer fellowship and support, and educational experiences that will aid them in the transition back to their families and communities.	http://www.butterflyhousescf.org/
Healing Point 11514 N. Port Washington Suite 120, Mequon, 53092 262-241-1004	Provides a Sober Living Environment (SLE) for individuals to establish foundational support in early recovery as they make the transition to a life of renewal that includes respect of self, other individuals and the community.	www.startingpointwi.org
Meta House 2625 N. Weil Street Milwaukee, WI 53212 414-962-1200	An intensive residential treatment program for women struggling with drug & alcohol addiction. In this setting, women and their children live with us while receiving round-the-clock care.	www.metahouse.org
Shorewood House 3924 N. Maryland Avenue Shorewood, WI 53211 414-977-5890	Shorewood House offers treatment expertise in an 8-bed home located in the Village of Shorewood, Wisconsin.	http://www.shorewoodhouse.org/
Sober Alternative Living Services 223 Wisconsin Ave, Suite A Waukesha, WI 53186 262-549-2121	SALS Sober Alternative Living Services recovery houses & Coaching provides structured housing with freedom and vital support to the recovering alcoholic or addict for a life free of dependency. The way we accomplish this is through Recovery Housing, Recovery Coaching, Interventions, and Counseling. Locations in Milwaukee or Waukesha County.	https://salshouses.org/
Exodus House 1421 Fond du Lac Avenue Kewaskum, WI 53040 262-626-4166	Exodus House is a 20 bed, state licensed and state certified Drug and Alcohol Transitional Living Facility helping adult males recovering from alcohol and drug dependency and abuse.	www.exodus-house.com